

# SWIM ONTARIO

VISION 2020: LEAD – MOTIVATE - PERFORM



September 1, 2020

Swim Ontario Masters swimmers, coaches and member clubs,

Welcome back as we launch the 2020-2021 swim season!

In the weeks since our last newsletter many of you returned to your local pools, after months of cross-training, open water swimming and other new activities. While the phased reopening of pools has been a welcome development, pool access and training opportunities will continue to be limited in some communities. We continue to be inspired by the patience, passion and commitment of masters swimmers, coaches and administrators as they adapt to meet the challenges posed by COVID-19.

## Registration for the 2020-21 season

It's time to register for the 2020-21 season! The RTR (Registration-Tracking-Results), Swimming Canada's online registration system, is up and running as of September 1, 2020. Registration documents are available on the Swim Ontario website [HERE](#).

Many masters clubs across the province have been preparing to launch their programs for the 2020-21 swim season. As with many aspects of our lives, COVID-19 requires some significant adjustments to registration and programming. A link to the webinar going over the major changes to the RTR is available to assist administrators and coaches [HERE](#).

If you have any questions regarding registration, contact [Heather Dwinell](#).

## Masters Spotlight – Webinar Series

Swim Ontario Masters is excited to announce the launch of the *Masters Spotlight – Webinar Series*, beginning on September 20, 2020! Webinars will focus on various issues of interest to swimmers, coaches and club administrators.

In the first webinar, *Back to the Pool: Approaches and Key Learnings in This New COVID World*, moderator Dan Thompson will facilitate a panel discussion with masters club coaches and administrators around some of the challenges, changes and learnings associated with a safe return to the pool due to the COVID-19 pandemic.

October 18, 2020 will feature a webinar on motivation and goal setting with renowned sports psychologist, Dr. Judy Goss. The November webinar will shine a spotlight on nutrition, a cornerstone of health of healthy living and fast swimming.



Masters Spotlight – Webinar Series: 2020 Schedule		
1.	Back to the Pool: Approaches and Key Learnings in This New COVID World	September 20 7:30 - 8:30 pm
2.	Motivation and Goal Setting	October 18 7:30 - 8:30 pm
3.	Nutrition	November 15 7:30 - 8:30 pm

### Mark your calendars!

This fall, Swim Ontario and Swimming Canada are offering a number of events that may be of interest to masters swimmers, coaches and administrators. All events are virtual.

- Swim Ontario Annual General Meeting – Sunday October 25, 2020 from 9:00 a.m. to 11:00 a.m. Masters clubs in good standing will have voting privileges at the AGM. Swim Ontario will be sending a notice out to masters clubs regarding the AGM.
- Masters Spotlight – Webinar Series – September 20, October 18 and November 15, 2020
- Webinar on return to competition – soon to be announced
- [CSCA Coaching Conference](#) – September 19, 2020
- Swim Ontario Awards – September 21-24, 2020
- Swimming Canada's *Swim Again Challenge* – look for information the week of September 14, 2020

### Return to Competition

Competition for swimmers of all ages will look different this season due to the COVID-19 pandemic. Swim Ontario is planning for return to competition, with a focus on a phased return that will promote a safe environment for swimmers, coaches and officials. While the masters competition calendar has not been finalized, it is likely to start with in-house time trials and virtual meets. If circumstances permit, competition may progress to smaller meets with measures to ensure social distancing on pool decks and other shared spaces. Stay tuned for further announcements!